

Keep safe this winter

The pandemic is not over so get your booster jab, encourage others to get vaccinated and wear a mask on public transport and in shops

Far too many of us are indulging in wishful thinking as we see confirmed by those people in shops, on buses, the Tube and trains – maskless and heedless of aerosol transmission. As over 50s, we need to build up winter resistance.

By taking simple precautionary measures we may be able to side-step the avoidable and predictable threats we face from Covid, its emerging variants against which we are not vaccinated, and our old enemy, the flu.

The pandemic is not over. Misunderstandings are apparently widespread. Vaccinations are not cast-iron guarantees that we are safe and incapable of spreading the virus. We do need boosters and a flu jab at the earliest opportunity as falling prey to both Covid and the flu will prove very serious for us and our local hospital.

The North Midd is already experiencing more hospitalisations for Covid, with younger age groups – the least vaccinated – being the most ill and at the same time, more patients are turning up at A&E. Our hospital needs our support if it is to resist winter pressures and we can do our bit by being careful.

Nationally, there is a waiting list of 5.7m patients and the more beds occupied by Covid sufferers, the lower are the chances of those waiting or the injured in A&E, getting a bed.

Our GP practices are reporting patients attending surgery without masks, some with Covid symptoms, and that FTAs (failure to attend) are rising so others are being deprived of appointments at a time when primary care is under unprecedented pressure. We cannot assume it's business as usual. With our GP shortage,

and increasing pressure on all aspects of the health system, we must be alert to the dangers to ourselves and others.

Our near neighbours, France, Italy, and Spain have higher vaccination rates than us, mandatory mask wearing and lower death rates, but our media seems uninterested. Indeed, some parts of the media have been GP-bashing.

The British Medical Association, Macmillan Cancer, The Royal College of Emergency Medicine, among others, plus regional public health directors and metropolitan mayors have called for extra safety controls. The Forum backs these calls which have been wrongly seen as restrictions on our liberties when they are necessary calls to be free from disease through implementing precautions to bring infections down.

The World Health Organisation has urged governments to continue with or reimpose public health measures. Last month our minister predicted that our infection rate could reach 100,000 a day but that he was disinclined to act. Let's hope he changes his mind.

We have responsibilities as well as rights to treatment. Make sure you get your booster as soon as you qualify and if you haven't had your flu jab get on to it asap. Check p5 to see where you can go in Enfield. Wear a mask where there is any danger of aerosol transmission and maintain distancing.

The longer the pandemic continues with too few of us doing what's needed, the greater the chances of the virus making small changes to ensure its own survival and spread. Clever Covid wants victims, and we need to pull together to beat it.



Enfield Borough Over 50s Forum

Millfield House, Silver St, Edmonton N18 1PJ
Tel: 020 8807 2076
Email: info@enfieldover50sforum.org.uk
Website: www.enfieldover50sforum.org.uk
Office hours: Mon-Thu 10am – 3pm, Fri 10am – 2.30pm
Please ring to make an appointment to visit the office.
Registered Charity No 1122859

Chair: Jan Oliver
Secretary: John Ball
Development & Office Manager: Ruth Fathaddine
Admin: Diane Barron

This newsletter is produced every two months by Enfield Borough Over 50s Forum.

Editorial team: Yvonne Mulder, Tony Watts
Contact: editor@enfieldover50sforum.org.uk
Advertising enquiries: diane.barron@enfieldover50sforum.org.uk

Disclaimer

This newsletter is for general information. You are urged to seek competent professional advice before doing anything based on its contents. The Forum takes no responsibility for any of the services provided by any advertisement in this newsletter.

JOIN the Forum

The Forum is a voluntary organisation which relies on membership fees, some sponsorship and occasional small grants to undertake a wide range of activities which benefit older people in the borough of Enfield. If you are reading this and are not an individual member, please consider joining by contacting the office. It's just £11 a year (£16 for couples) or £100 (£150 for couples) for lifetime membership. Organisations can join for £25 a year or £100 for five years.

How to join or renew

Get a membership form either by calling the office (020 8807 2076) or downloading it from the membership page of the website <https://enfieldover50sforum.org.uk/membership/>
Then, telling us if you are new or renewing, you can either:

- 1) Post the form with your cheque (payable to The Enfield Borough Over 50s Forum) to Enfield Borough Over 50s Forum, Millfield House, Silver Street, N18 1PJ.
- 2) Visit the office and pay in person (though call first to check we can receive visitors).
- 3) Complete the form, scan it and then email to us at info@enfieldover50sforum.org.uk and make payment through your bank account to ours: Barclays Bank, Sort Code **20 29 81** and Account Number **13382192**.

Don't forget to put your surname and postcode as a reference so that we can match payment and records. And make sure you include 'The' in the Forum's name.

Ruth's Review

Meeting up is good for us all

So the clocks have gone back, it's chilly but we may well have happy holidays this year. Some of us have been socialising already: the disco and quiz nights will be regular events (see p15) and good value for our



Lighting up the dance floor

members to show off their dancing skills or general knowledge in a safe space.

Our meetings (see p16) are gearing up with, hopefully, a full calendar of events for next year: progressively face to face with interesting and informative speakers and new projects emerging to help and support older people in Enfield.

It is important to keep planning and motivating. We adhere to the guidelines, endeavour to observe everyone's safety and comfort and appreciate that we need to

continue to adapt to the environment that is now out there and may be for some time yet.

We would encourage all our members to get vaccinated, against both Covid and flu, to continue to help open up the freedoms we should all be enjoying.

Thank you to Fusion for hosting our Tribute to Monty Meth and Taster day. Thank you to all those who came and enjoyed the day, participated in the activities and were able to experience first hand what the leisure centres can offer. Obviously we are always pleased to be able to offer the concessions we have negotiated with Fusion for our members (see p7).

A huge thank you to members of the Forum, volunteers and especially to our Fusion Ambassador at Southbury, Anna, who worked hard prior to and during the event.

It was particularly lovely to hear about those who had not met up for some time – some for well over a year – and to see those friendships rekindled. As I said in my last review, isolation was pretty bad for a lot of older people before, loneliness is not healthy.

I have worked with older people for all of my career and basic needs do not change: to be warm, safe, in good health, have good friends and family and to be financially comfortable. The impact of the last two years have made these life goals even more important and yet conversely harder to achieve, but we keep going and we keep strong.

Thank you to members who have come back to the Forum, and new people who have joined.

Ruth Fathaddine

Office and Development Manager



The Forum runs on the energy of its volunteers and two part-time staff. Help us help others

Enfield Borough Over 50s Forum seeks to help older people in Enfield remain independent and healthy. We want to reduce isolation and foster inclusion, community cohesion and work towards reducing the numbers of older people living in poverty.

Would you like to take an active part in helping the work of the Forum? You do not have to commit to long-term activities, just try helping at an event or in the office and see how you feel.

Maybe you feel strongly about local issues and the changes that need to be made. As our Chair says in her column (right), we want to set up campaigning groups and need people to join in and help older people in Enfield get their voice heard.

If you have ideas for social outings, the Social Events Team will help you organise your event and, maybe you'll even join the team if you enjoyed the experience.

We particularly need some people who are skilled at using social media. We need to recruit new members and to keep our members informed of events and issues they may want to get involved with. Help us spread the word about the Forum and our activities.

WHY NOT VOLUNTEER

Office work

Campaigning

Helping at public events

Social Events Team members

Social media enthusiasts

We would love to hear from you. Further details and training and support given.

Please contact Ruth or Diane in the office on 020 8807 2076 for more information or just a chat. Or email info@enfieldover50sforum.org.uk

Job Club Champions needed

The Over 50s Job Club is looking for volunteers to help people return to work

The Job Club, which has been running for two years, offers support to older people in the community seeking to return to work. Volunteers offer job search support, CV writing, confidence building, social prescribing to other services and a range of other services.

Williamz Omope, Director & Outreach Project Manager, says: "We will be running a Job Club from Enfield Town Library on Tuesday mornings 10am to 1pm, as we think the locality within the borough is perfect because of the excellent transport links."

The Job Club at Enfield Town Library will launch in early January and will start recruiting for more volunteers in the next few weeks.

If anyone is interested in becoming a Job Club Champion they can email: jobclub@enfieldover50sforum.org.uk for more information and a role description.

Chair's Column



Campaign focus

Hello everyone.

As 2021 comes to a close, the Forum Exec is planning an Away Day to look at the future direction of the Forum. We are all sorely missing both Monty Meth and Christine Whetstone, not least in the area of campaigning.

Whilst John and Helen Ball continue to organise informative and interesting speakers for our meetings, there are many current and local issues that the Forum could be actively campaigning on – climate change, pollution and plans for the Edmonton incinerator, the NHS, pensions and the triple lock, the encroachment into our green belt, declining life expectancy in Enfield, housing and homelessness, universal and pension credit – are just a few.

But we need members to both lead and be involved in campaigns. It would be great if we could have campaigning groups and, over the course of the next year, we will be working to establish such groups. If you would like to be involved, or to lead a campaign, please contact the office and they will put you in touch with the relevant person.

Meanwhile volunteers from the social and fundraising committee are working and will continue to work to provide events – bingo afternoons, quiz nights, discos and social activities/groups, both locally and further afield. Please join us – either as a volunteer or a participant.

And don't forget if you are reading this and are not already a member of the Forum, it is very cheap to join (£11 for a member and £16 for a couple) – contact the office for an application form.

A Merry Christmas and a Happy New Year to all.

Jan

Jan Oliver, Chair

Climate Emergency Round Up

The Forum is working with other organisations to help older people understand the issues and challenges related to climate change

The biggest event of note was, of course, COP26 which took place in Glasgow early in November to much fanfare and not a little despondency. The mixed messages from elected representatives was, and is, bewildering. Time will tell of the impact it will have on Enfield and the globe.

In the lead up to COP26 however, Enfield's Climate Action Forum (EnCaf) organised a Big Green Climate Festival to support the actions of The Climate Coalition nationwide in raising awareness of the impact of the climate emergency. Few corners of Enfield escaped attention and, at 100+ live and online events over eight days in October, Enfield's festival was the largest nationally.

Thanks and credit to the many individuals and organisations that arranged events – a remarkable voluntary, community endeavour.

Of the many enlightening events, the intergenerational discussion between some of the Over 50s executive (over 70s in some cases!) with school students in Enfield was perhaps the most unusual. Although the relatively low attendance was disappointing, it allowed for a depth of discussion and exploration rare in the era of soundbites; the more refreshing for that.

The campaign to seek a pause and review of the plans to replace the Edmonton Incinerator took an usual turn with the BBC broadcast of "The Earthshot Prize: Repair our Planet". The Earthshot Prize is admirable in its aim to search for innovative solutions to Climate Change around the world so it

was puzzling to see the controversial CopenHill incinerator in Copenhagen endorsed as part of a programme entitled "The Earthshot Prize: Clean our air". More controversial still was the letter to Enfield councillors from the North London Waste Authority "spinning" the contents of the programme to support the Edmonton incinerator.

Similar to the Copenhagen facility, the Edmonton scheme is vastly oversized for the needs of the local population – and will receive waste from third parties beyond its local community and burn a high proportion of recyclable or compostable waste.

Crucially, both schemes promote their use of the same filter technology, described accurately as the most up-to-date. But these filters are still unable to capture CO₂ or the most damaging ultra-fine particles that are so harmful to human health.

The World Health Organisation (WHO) has declared the climate crisis a public health crisis. In Enfield the climate change risks include poor air quality as well as higher summer temperatures and changes in the incidence of food, water and vector-borne diseases. Disruption of the local health and social care services is expected because of the likely need for emergency response and increase in general demand.

Appropriate then, that the Over 50s forum and other organisations in Enfield are exploring ways of helping older and vulnerable residents to adapt to the challenges which cannot easily be mitigated.



The WHO has declared the climate crisis a health crisis

ENFIELD TOTAL REMOVALS MOVING HOUSE?

REQUIRE STORAGE?

- Free quotation & advice
- Packing-unpacking
- Friendly male & female team
- Fully insured
- High quality storage facility
- Established since 1999
- Arrange parking permits if necessary



10% discount to Over 50s forum members
020 8367 8348

www.totalremovals.com Company Reg No. 04109912

MHS Home Decorating and Repairs Your Local Handyman

- Painting & Decorating
- General Household Repairs
- IT Problems

Contact Mark on:
markhowardshaw@gmail.com
07711 316 474

Threat to the triple lock

The Government tells us the triple lock on pensions is being suspended for just one year but we need to be vigilant to ensure that it is reinstated in 2022

At the time of writing, the Government is passing a Bill to abandon the triple lock introduced by the Conservative-Liberal Democratic coalition government in 2010. It was introduced as a systematic way of protecting pensions against inflation.

The design also ensured a modest increase over time in the purchasing power of the pension. The triple lock guaranteed that each year pensions would be increased by the greatest of inflation (measured by the Consumer Price Index), weekly earnings growth or 2.5%. In normal circumstances this was a fairly simple adjustment, not worthy of much comment. And then came Covid.

One effect of Covid was that earnings fell in the period to mid-2020. This was followed by a lively bounce back so that by Summer this year average weekly earnings were 8.3% higher than the year before. Strict application of the triple lock would have resulted in an increase in line with average earnings.

But this would have meant pensioners getting the benefit of the bounce back without ever suffering the effect of the drop in earnings. Such a situation was never dreamt of when the triple lock was announced in 2010.

There has been little criticism, apart from pensioner lobby groups, of the government for abandoning the triple lock and increasing pension by 2.5%. Everybody understands the freak conditions.

But this may make the pension seem like an easy target for a Chancellor desperate for savings in public expenditure or new sources of income. There are around 12.5 million people in receipt

of state pensions. Giving all of them £1 per week costs £650 million. This is serious money even by government standards.

The dire financial effects of Covid will still be with us next year. Having “got away” with abandonment of the triple lock this year the chancellor may be tempted to do the same next year. There is a long history of changes to the pension system generated by political instincts or budget necessity.

Anybody who retired in the last few years will find their state pension may include elements of Graduated Retirement Benefit, State Earnings Related Pension, Basic State Pension, and/or State Second Pension and Pension Credit. These were all introduced with a fanfare but few were long lived except basic state pension.

Private pensions have been equally buffeted by the state with tax concessions being arbitrarily changed from time to time. The pattern with benefits is that a generous scheme is announced then over the years hacked back.

The triple lock could follow this pattern. We and other pensioner-focussed organisations must take every opportunity to let our elected representatives know that the triple lock is very important to us. Attempts are being made to block the change in the Commons. This is an issue which we will monitor closely with every intention of making our feelings known.

Older people tend to vote in elections. There are a lot of us around. If we keep our eyes on the ball we can get the triple lock reinstated. The death of the triple lock should be an avoidable event.

This is serious money even by government standards

Spread the word on grab-a-jab

Covid is not going away and it's far more adaptable than we are – as the emergence of new variants demonstrates

Children, though not often seriously ill with the virus, have relatively high rates of covid and can become spreaders of the disease among the wider family, even if its members are fully vaccinated. Most of you have had two jabs and may have had or soon be eligible for the booster, but it's better to be safe than sorry. This is why the Forum is calling on you to encourage vaccination of eligible children among your families and friends. Fully vaccinated people can and do fall ill with Covid.

Healthy children between 12 and 15 can easily get a jab if their schools have not facilitated it. Vaccinations are available at walk-in centres, some GP surgeries and community pharmacies. If unsure phone 119 or visit www.nhs.uk/covid-vaccination.

The growing number of walk-in sites can be checked on www.nhs.uk/grab-a-jab



Enfield Walk-in Sites
Carlton House, 28 Tenniswood Rd
EN1 3LL
Open daily, seven days a week
From 9am to 6pm.
Evergreen Surgery, 1 Smythe Close
N9 OTW
Open daily, seven days a week
From 9am to 6pm
Parkview Pharmacy, 195 Bramley Road
N14 4XA (Oakwood)
Open Monday to Friday, 9am to 1pm
and 2pm to 6pm



Home Instead®

To us, it's personal

*Our warmest
wishes this
holiday season!*

START YOUR HOME CARE JOURNEY WITH
HOME INSTEAD ENFIELD TODAY!

*Home Help
Personal Care
Companionship
Dementia Care
Respite Care*

0203 6418870

INFO.ENFIELD@HOMEINSTEAD.CO.UK

WWW.HOMEINSTEAD.CO.UK/ENFIELD



Stay safe

Pension scams and car thefts on the rise but our new OWL scheme helps keep communities safe

First of all this month, a warning to you all that pension fraud is sadly on the up. Data from Action Fraud had shown a steady fall – almost 80% – in pension scam reports from 2014 to 2020. That was great news but there has been an increase in reporting so far this year, with 107 reports of pension fraud received in the first three months of 2021.

This is an increase of almost 45% when compared to the same period in 2020. We want you all to be safe, so please research who you are dealing with, reject unexpected pension opportunities and don't ever be rushed into making a decision.

There has also been a spate of vehicle crime recently so we are asking Enfield residents to be extra vigilant with their vehicles, and ensure that they are locked. Criminals try the car doors opportunistically – please don't give them the opportunity.

More positively we are about to launch our OWL scheme. OWL stands for Online Watch Link and it helps keep communities safe, reduce crime and keeps people informed of what's going on locally. OWL sends you the latest local crime alerts so you can be aware.

Our very own PC Neil Rogers is due to speak to members of the Enfield Over 50s Forum on this at the end of November and we are encouraging you to all sign up!

Hundreds of police officers use OWL to send alerts, advice and updates directly to the public and Enfield is one of the founding boroughs in London to use it. Every resident and business is invited to receive instant notifications directly to their mobile or tablet based on their current postcode location. As well as alerts on residential burglary and vehicle crime, you can choose other personal interests to see how they are impacted by crime.



Call 101 for non-emergencies and 999 if you witness a crime taking place or need immediate help

Enjoy Forum discounts at Fusion

Southbury (Tuesday)

Tel: 020 8245 3201
09:30 – 10:30 Walking netball
10:00 – 10:20 Health walk, easy access, easy
10:20 – 11:10 Health walk, leisurely, moderate
10:45 – 12:15 Walking football
12:30 – 14:00 Badminton and table tennis
13:15 – 14:15 Pilates
14:20 – 15:20 Yoga (chair yoga last Tuesday of the month)
09:30 – 16:00 Gym
09:30 – 16:00 Swim, steam and sauna*
*Subject to opening times

An extra Over 50s day has been added at Southbury Leisure Centre, with discounts for Forum members

Southgate (Tuesday)

Tel: 020 8882 7963
12:00 – 13:00 Bokwa
15:00 – 16:00 Yoga
09:30 – 16:00 Gym
09:30 – 16:00 Swim, steam and sauna*
*Subject to opening times

Southbury (Wednesday)

Tel: 020 8245 3201
09:30 – 12:30 Badminton
12:45 – 13:30 Zumba Gold
14:30 – 15:30 Seated chair yoga
09:30 – 16:00 Gym
09:30 – 16:00 Swim, steam and sauna*
09:30 – 16:00 Gym
*Subject to opening times

Albany (Thursday)

Tel: 020 8804 4255
12:00 – 13:00 Pilates
13:05 – 14:05 Yoga
09:30 – 16:00 Swim, steam and sauna*
09:30 – 16:00 Gym
*Subject to opening times

PRICES

£10.50 per day or £6.50 per day with an Energy concession card. The Energy card is normally £21.50 for 12 months but only £7.50 for Forum members who are residents of Enfield. Turn up on the day and pay by card (classes subject to availability) or book on the same day for the following week if you are a direct debit or annual Fusion member.



Is there a cap on the cost of care fees?

Most people reading this will appreciate they may have to pay for their own long-term care, but is there a limit to how much this will cost?

The Prime Minister, Boris Johnson announced changes in parliament in early September that will in future limit the cost of long-term care to £86,000. This will be achieved following the introduction of a new health and social care Levy that will help to fund the new care system. The trouble is it will not start until October 2023.

Since the announcement, I have had many conversations with families who have a loved one receiving care and in most cases they believe the cost of care will be limited to the £86,000 figure but unfortunately this is not the case at the moment. If any person is assessed as needing social care before October 2023 then the current system still applies. As it stands, the means tested limit is still £23,250. This means that any individual who has assets above this figure will have to pay for their own care.

So what is changing for care funding from October 2023? Which.co.uk have listed the four main points which I have repeated below:

- There will be an £86,000 limit on care costs across an individual's lifetime.
- Anyone with less than £20,000 of assets won't have to pay anything towards their care from their assets.
- People with between £20,000 and £100,000 of assets will be eligible for some means tested financial support on a sliding scale. The new upper limit of £100,000 is more than four times the current limit of

£23,250. This means more people will be eligible for some state support than before.

- The government also intends to tackle persistent unfairness in the social care system by ensuring that self funders are able to ask their local authority to arrange care on their behalf so they can get a better deal. Currently people who fund their own care usually pay higher fees than people who are funded by their local council.

As always the devil is in the detail. As I hear more about the reforms in the social care system I will keep you informed. In the meantime if you or if you have any family members who need any financial advice about the funding of care fees please feel

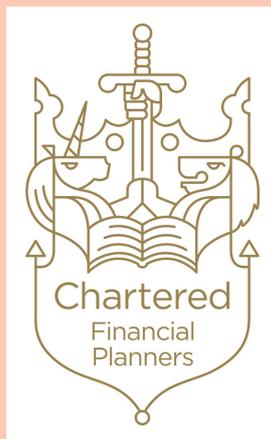
free to contact me directly with any questions.

George Ttoui or Jack Gorgon who are both qualified financial advisers at Burlington Wealth Management are available to discuss any financial matter.

If you wish to arrange a private consultation please call the office on (020) 8882 6688 or send an email to george@burlington.uk.net



George Ttoui



Burlington Wealth Management Ltd is an Appointed Representative of and represents only St James's Place Wealth Management plc (which is authorised and regulated by the Financial Conduct Authority) for the purpose of advising solely on the group's wealth

management products and services, more details of which are set out on the group's website www.sjp.co.uk/products. The "St James's Place Partnership" and the titles "Partner" and "Partner Practice" are marketing terms used to describe St James's Place representatives.



Look on the bright side



Confucius **did not** say

Man who leaps off cliff jumps to conclusion
Man who runs in front of car gets tired, but man who runs behind car gets exhausted
Man who eats many prunes gets good run for money
War does not determine who is right; it determines who is left
Man who drives like hell is bound to get there
Wise man does not keep sledgehammer and slow computer in same room

Wine **whine**

I am thinking of taking the wine box back to complain.
It said once opened it would last six weeks. It lasted me only three hours!

Xmas **cracker** groans

What does Santa clean his sleigh with?
Santatizer
What is the best present in the world?
A broken drum. You just can't beat it
Who says Oh! Oh! Oh?
Santa walking backwards

Fancy that!

A cabbie picks up a nun. She gets into the cab, and notices that the very handsome cab driver won't stop staring at her. She asks him why he is staring. He replies: "I have a question to ask, but I don't want to offend you."

She answers: "My son, you cannot offend me. When you're as old as I am and have been a nun as long as I have, you get a chance to see and hear just about everything. I'm sure that there's nothing you could say or ask that I would find offensive."

"Well, I've always had a fantasy to have a nun kiss me."

She responds: "Well, let's see what we can do about that: number one, you have to be single and number two, you must be Catholic."

The cab driver is very excited and says: "Yes, I'm single and Catholic!"

"OK," the nun says. "Pull into the next alley." The nun fulfills his fantasy with a kiss that would make a hooker blush, but when they get back on the road the cab driver starts crying.

"My dear child," says the nun, "why are you crying?"

"Forgive me, but I've sinned. I lied and I must confess. I'm married and I'm Jewish."

The nun says: "That's OK. My name is Kevin, and I'm going to a fancy dress party."

Join us for bingo or just a chat

Our weekly drop-in and Bingo Club on Monday afternoons is a relaxed, friendly event

Our bingo club is starting to take shape: it starts at 2pm, we play five games then have a break for tea/coffee (free), then play five more games. We usually finish about 4pm which leaves time for general socialising.

Please bring your own mug/cup. You can also bring your own food or alcohol but we have no crockery or glasses! We may be able to have occasional entertainment, but this will be your club and we are happy to listen to your ideas.

The cost is £1 entry to cover the cost of the hall, there is a cash prize raffle and the bingo books are £2 for 5 games or £4 for 10 games.

I would like to thank our helpers Anne, John and Monica and also our caller Georgia. Please note that we use the side door not the red front door.

We do need to know numbers in advance, so please contact me on 020 8363 4969 if you would like to participate or just for more information.

Jim Cantle

When: 2pm every Monday except Bank Holidays.

Where: Jubilee Hall, 2, Parsonage Lane, Enfield, EN2, 0AJ



Legal services for older people

Advice for families and carers
Long term care fees
Court of Protection



STENNETT AND STENNETT

Solicitors

4 Winchmore Hill Road Southgate N14 6PT
020 8920 3190

How much do you drink?

Most of us significantly underestimate the amount of alcohol we drink, and that could have long-term health implications

I know I do it, but how often do we judge something as high or low by comparing it to ourselves? I know I do it. Long ago one of my bosses explained that 'promiscuous' was anyone having more sex than you.

Also, how often do we simply forget what we do? I was full of contempt about a report about falls in the Over 50s recently until a colleague pointed out that I had fallen over earlier that week.

So, what is an alcoholic and how much do I drink? Though that term might be a bit strong, apparently drinkers underestimate how much they drink by up to 40%. A new term 'grey-area drinking' is being used to describe those who drink more than moderate amounts of alcohol but are not actually alcohol dependent. They may not drink every day or first thing in the morning, but they may be very preoccupied with it.

This may be more of a problem for some than others – during lockdown the heaviest drinking 20% of the drinking population, increased their alcohol consumption by 5.3m litres or 14.3%. This has a number of implications for their general and mental health but specifically including heart and liver disease, bowel, breast and mouth cancer.

At this point it is probably worth saying that this is not the time to blame someone. There is evidence that unhealthy food and alcohol brands and companies used the COVID-19 pandemic as an opportunity to further market their products.

Also the lockdowns themselves may not have helped – measures poured at home tend to be bigger/stronger than those typically served in the pub. And, of course, "last orders" are entirely optional at home.

It has been said that national policy towards alcohol does not always support health. Off-licences were deemed an 'essential service' during lockdown and allowed to remain open. Minimum

unit pricing has not been introduced in England despite the evidence of its effectiveness in Scotland.

The industry promotes individual responsibility which can be difficult to square with rising numbers of alcohol related diseases. No-one is saying that alcohol should be banned and indeed the evidence from the prohibition era is that it shifted America's favourite tippie from beer to bourbon: if you are going to smuggle something, make it as small and potent as possible. But if someone is struggling they may need help more than judgement.

If you/anyone you know does want help, then please contact Enfield's Drug and Alcohol Service at addresses below.

Glenn Stewart

Assistant Director of Public Health, Enfield

Claverings

Address: 12 Centre Way, Claverings Industrial Estate, Edmonton N9 0AH

Tel: 020 8379 6010

Manager: Will Davis

You can visit the Claverings site for a face to face discussion without an appointment Mon – Fri between 10am – 4pm.

Vincent House

Address: 2E Nags Head Road, Ponders End EN3 7FN

Tel: 020 8379 4909

Manager: Will Davis

The Vincent House site is an appointment only service.

Tribute to Monty

Day of activities in honour of our late President

More than 120 people attended a tribute day to Monty Meth at Southbury Leisure Centre.

Monty's widow Betty was presented with a commemorative plaque by Dominic Hall, Sport and Community Development Officer for Fusion Lifestyle, which manages the leisure centres in Enfield on behalf of Enfield Council. The plaque will be displayed permanently at Southgate Leisure Centre, where Monty was a regular early morning swimmer.

Attendees on the day took part in activities including an outdoor health walk, walking football, Zumba Gold, Badminton and table tennis, swimming, Pilates and yoga.

Nigel Court, regional business manager for Fusion Lifestyle, said: "Monty was a true local champion and we really wanted to honour his memory and his achievements with a day that celebrated the work he did so tirelessly to help older members of the community keep active and well."

To find out more about 50+ days in Enfield contact: enfieldfitness@fusion-lifestyle.com or visit your local Fusion centre. Also see p 7.



Dominic presents the plaque to Betty Meth



Bush Hill Park Bowls, Tennis & Social Club

Abbey Road Bush Hill Park, Enfield EN1 2QP

www.bhpclub.org.uk

New Membership Deal for 2021

New Joining Members £100

Enables You To Play:

***Tennis**

***Bowls**

(Free tuition and taster sessions on
Saturday Mornings - just need flat shoes)

***Table Tennis**

***Snooker**

***Pétanque (Autumn 2021)**

And Access To:

***Members Bar & All Social Activities of The Club**

**AND YOU WILL ALSO RECEIVE A
£100 Bar Credit**

To join go to:

<https://membermojo.co.uk/bhpbowlssocial>

Theatre of dreams for older people

Find laughter and magic dust by coming to the first meeting of the Forum's new Drama and Creative Theatre Group on Sunday 16 January

Older people are often visible in theatres as volunteers and audience members, but how many of us have the opportunity to participate in creating the drama, the story, the music, the play?

Older people's drama groups provide that opportunity and, (whilst more research is needed) existing evidence demonstrates the capacity of such groups to bring excitement, joy and happiness, to "free the imagination" and to broaden horizons as we go. (See "Cultural Value Ageing, Drama and Creativity: a critical review" Michelle Rickett and Miriam Bernard).

But why believe the academics? Listen to what older people themselves have said:

Asked if he feels creative, F hesitates. "When I come here to this space I do," he says. "Not perhaps in my everyday life, but when you come into this room it's as if somebody has sprinkled some magic dust. You're not afraid of making a fool of yourself because no one is going to judge you."

M says: "Since I first joined the group, I don't think there's been a meeting without laughter and I always leave feeling great. In our performances at lunch clubs and care homes we have breathed a bit of life into people's days."

Enfield Over 50s Forum is starting a new Drama and Creative Theatre Group. This is an exciting time to join as founding members are likely to drive what form the group takes. It will be up to members and their skill sets to decide what we do now and in the future.

And, once we decide, we can try these things out in private, at a

public venue, in a hired hall, or in residential care homes.

We could do them alone or with other groups or we could look at working intergenerationally.

So, whether you have the experience or not, if you like the idea of acting, directing, writing or creating the art work, come along to our first discussion about the group.

It may not get rid of your arthritis, cure your disease, heat your house or bring back your loved ones but for 20 minutes maybe you too could feel 25 again, strutting your stuff like a peacock, maybe you could collapse with laughter at the absurdities of life or be looking anew at the behaviour of strangers, friends and relatives.

If you are too shy or depressed to come along – act as if you are not and see what a difference it could make! After all, as a very famous man once said: "All the world's a stage, And all the men and women merely players...."

The first group meeting will be on Sunday 16 January, 2.15pm to 3.45pm at Enfield Town Library – Community Room on the first floor.

The group is open to any Forum member (please bring your membership card to the first meeting) and let us know you are likely to be coming by telephoning Jan on 07748 264735 or by email on eternalechoes2002@yahoo.ie.

Everyone is welcome from any background and with any disability. This meeting is free

but contributions are welcome towards the cost of the room hire, tea and coffee. Future meetings may incur a small charge towards costs – if you cannot afford it, then it will be free.



We might do any of the following or something else that you suggest

- **Enact improvisations – acting out scenes on a theme but without a script**
- **Write and act out our own plays**
- **Mask work – make masks and act out characters**
- **Set up a theatre of the oppressed group – a self-help form of drama**
- **Act out individual cultural stories and political ideas**

Affiliated groups

Enfield COPD Support Group

A self-help charity run by volunteers, offering advice & shared experiences in a social setting. The group, supporting those with chronic obstructive pulmonary disease, meets 1-4pm on the second Wednesday of every month (except August) at Holtwhites Sports & Social Club Enfield. The £4 cost per meeting includes a lunch of sandwiches, cakes, tea and coffee and a free raffle ticket. It arranges speakers and outings as well. For more information, contact chairperson: Pam Blake 01992 763443



A group of Forum members enjoyed a lovely walk along the seaside from Walton on the Naze to Frinton and back again. Thanks to Jan for great organisation – especially the lovely weather.

Social Calendar



In order to take part in these events, you should be a current Forum Member. If you are not, you can join the Forum for £11 per annum by phoning the office on 020 8807 2076. We make a special effort to make new members and singles very welcome on these events, so don't be shy!

Saturday 11 December. Ever After – A Mixed-up Fairy Tale

Come and join other Forum members to enjoy the annual Christmas Show at the Chickenshed. We have booked places for the 3pm matinee of Ever After – A Mixed-up Fairy Tale, featuring Chickenshed's famously large and amazingly diverse cast. The show involves Hansel and Gretel who are left to fend for themselves in the Wild Woods. This sets a series of events in motion, taking the two children on a journey through some of our best loved fairytales.

Ticket price is £15. Contact Heather Cole, tel: 07973 438989.

Sunday 19 December. Bolshoi Ballet: The Nutcracker (recorded)

Be captivated by the dance and magic of Christmas, this Sunday afternoon, by this stunning performance of the classic Nutcracker by the Russian Bolshoi Ballet Company. The Nutcracker is a story written in 1816 by Prussian author E.T.A. Hoffmann, in which young Marie Stahlbaum's favourite Christmas toy, the Nutcracker, comes alive and, after defeating the evil Mouse King in battle, whisks her away to a magical kingdom populated by dolls. At Cineworld, Enfield starting at 3pm, but join other Forum members in the coffee shop upstairs for a pre-show cuppa from 2.15pm Ticket price £17 – limited availability – members only.

To book contact Jan on eternalechoes2002@yahoo.ie or phone 07748 264735. You can pay by cheque or bank transfer.

Social Calendar 2022

Sunday 16 January 2022. Creative Theatre Group

A Sunday afternoon first meeting during which we will explore ideas for this new Forum group. Teas and coffees available. Between 2.15pm and 3.45pm at Enfield Town Library – Community Room on the first floor. Free to any member of the Forum.

To find out more see p13 and to book contact Jan on eternalechoes2002@yahoo.ie or phone 07748 264735.

Wednesday 26 January. Forum Lunch at Marcus

Join us for a scrumptious lunch at 12.30pm, at the delightful Marcus restaurant in the heart of Enfield Town. For just £27.50 (two courses), this set group menu meal will definitely tempt your taste buds. The price includes service charge and coffee or tea. Other drinks are additional for those who want them. Easy to get to by train, bus or car. The address is 16 Burleigh Way, Enfield EN2 6AE. It is tucked behind Starbucks and Santander. Telephone 020 8367 3339.

For a copy of the lunch menu, so you can preselect your dishes, email Olivia on oliviagoodfellow19@gmail.com or call her on 0208 4478841.

Wednesday 2 February. Forum Supper at Marcus

Join us for a delicious supper at 7.30pm at the delightful Marcus restaurant in the heart of Enfield Town. For just £33, this set group menu meal consists of a choice of a main course and dessert, to tempt your taste buds. The price includes service and a welcome drink of either beer, wine or a soft drink. Other drinks are additional for those who want them. Easy to get to by train, bus or car. The address is 16 Burleigh Way, Enfield EN2 6AE. It is tucked behind Starbucks and Santander. Telephone 020 83673339
For a copy of the menu, so you can preselect your dishes, email Olivia on oliviagoodfellow19@gmail.com or call her on 020 8447 8841.

8-22 February. Highlights of Sri Lanka

Our next winter escape to the sun. Visit a paradise island teeming with wildlife, incredible landscapes and a colourful culture. Current price for this all inclusive private Forum luxury trip is £3,349 sharing a twin or £4,148 single occupancy.
All information available from Olivia on 020 8447 8841 or email oliviagoodfellow19@gmail.com

24-29 April. The Spring Gardens of Keukenhof and Floriade

Visit the world's greatest flower spectacular at Floriade which is only held once a decade and treat your senses to the bulb field at Keukenhof plus a relaxing river cruise in Amsterdam and more!! Prices from £795 twin or £1,015 single, including convenient travel by Eurostar from St Pancras.

This event has sold out. Please only contact Olivia if you are prepared to go on the waiting list.

Olivia on 020 8447 8841 or email oliviagoodfellow19@gmail.com

Friday 20 May. Forum Dinner / Dance

At Holtwhites Sports and Social Club, 1 Kirkland Drive, Enfield EN2 0RN at 8pm.

More details in next newsletter.

22-28 June. Channel Islands Explorer

A packed itinerary exploring Jersey, Guernsey and Sark. This holiday includes flights, coach trips, boat trips and horse-drawn carriage ride. What a mixture of transport! Oh yes and half board hotel accommodation and all excursions too! Price £975 twin/£1190 single occupancy for six nights.

For more details of this superb itinerary and a booking form, please contact Olivia on 020 8447 8841 or by email to oliviagoodfellow19@gmail.com Only a few twin rooms left. Please only contact Olivia if you are willing to share a twin.

**Bingo Club and drop in
See details on p9**



ALL EVENTS SUBJECT TO GOVERNMENT COVID GUIDELINES

DISCLAIMER: THE FORUM IS NOT LIABLE FOR ANY PERSONAL INJURY/ACCIDENTS THAT MAY OCCUR DURING ANY OF ITS ACTIVITIES OR EVENTS



Quiz and Disco



Both the Quiz and Disco we held recently were so popular that the Forum has decided to make them regular events

The Quiz

You can come alone, or as a couple or group and we will endeavour to put you in a quiz team of four to six people if you don't have your own readymade team. A fish and chip supper (or veggie alternative) is included in the cost of entry – £12 for Forum members and £15 for non-members. Drinks are reasonably priced, so please don't bring your own.

7.30pm for 8pm start:

Friday 28 January

Friday 18 March

Contact Jim for more info and/or to book a place. Bookings must be made in advance.
Tel: 020 8363 4969

The Disco

Find a warm welcome – and lots of enthusiastic dancing at the Forum disco.

Non-stop dance music from the 60's to the 90's. Tickets are £8 for Forum members and £10 for non-members. Drinks are reasonably priced, so please don't bring your own.

Next dates:

8pm Friday 11 February

8pm Friday 8 April

Buy in advance from Jan on 07748 264 735 or
eternalechoes2002@yahoo.ie

Venue for both:

Holtwhites Sports and Social Club,
1 Kirkland Drive, Enfield EN2 0RN.

(Parking available or W9 bus to
Parsonage Lane).

To be Covid-safe we are restricting numbers and asking people to bring proof of double vaccination or a recent lateral flow test.

Forum Groups

Lunch Club

Sue Scott, who already does a great job for the Forum running the Coffee Club and Book Club, is launching a new group – the Forum Lunch Club. The first lunch will be at 12.30pm on Wednesday 12 January, and every two months thereafter. To find out where the lunch will be held and to book a place or places, contact Sue. Numbers are limited. The next venue will then be chosen by the people at that lunch. *Contact Sue Scot on scotsf48@hotmail.com or phone 07890 690896.*

Writing Group

New members are most welcome to join this friendly group. Each month we choose a theme for the next meeting and encourage everyone to write something – it may be factual, fiction, autobiographical – there are no rules. Or just listen in for your first visit to the group. One of the delights of the group is that we have a great chat between readings. Meetings are 10am–12 noon on the second Thursday of the month and we are now back to meeting in person. The venue is Enfield Town Library. Next meetings: 9 December, 13 January, 10 February. *For more information, contact Ruth Serner ruth.serner@gmail.com*

Coffee Club

We are delighted to be meeting again in person at the Skylight Restaurant at Pearsons in Enfield Town. We meet on the first Wednesday of the month, with next meetings on 3 December, 5 January, 2 February. Just turn up at 10am or later (we usually finish about 12 noon) and find us in our reserved space. You can stay for the whole time or just drop in at any time between 10am and 12 noon. *If you want more information, contact Sue Scott on scotsf48@hotmail.com or phone 07890 690896.*

Book Club

This club meets in the Community Room at Enfield Town Library on the third Thursday of every month, 10am–12noon. New members are welcome.

The next books are:

16 December – *Twas the Nightshift before Christmas* by Adam Kay

20 January – *The Lost Man* by Jane Harper

17 February – *Small Pleasures* by Clare Chambers.

To join or for more information, contact Sue Scott on scotsf48@hotmail.com or phone 07890 690896.

Poetry Group

We meet on the fourth Thursday of the month in the Community Room of the Enfield Town Library between 10:30am and 12noon to share and appreciate poetry, music and good company. All lovers of lyrical language are welcome. There is a requested donation of £1 per head to cover the meeting room hire cost. There is no December meeting. The theme for the 27 January meeting is 'Travel' and for 24 February is 'Silence'. *For further information, please contact Brian Darby on 020 8363 5829 or text to 07541 732339.*

In order to take part in these events, you should be a current Forum Member. If you are not, you can join the Forum for £11 per annum by phoning the office at 020 8807 2076. We make a special effort to make new members and singles very welcome on these events, so don't be shy!

Meetings

As restrictions on visiting our usual venues are lifted, we are planning to hold meetings in person rather than online. However, we are aware that the rules regarding Covid-19 restrictions are subject to revision, so we will inform people of any changes via our eNews.

If you are Forum member and not receiving eNews, please email info@enfieldover50sForum.org.uk and ask to be added to the mailing list.

You can also check the Forum website <https://enfieldover50sforum.org.uk/forum-meetings/>
Or call the office on 020 8807 2076 before setting off for a scheduled meeting. If we are not able to hold the meeting in person, we will revert to Zoom.

For meetings held in person, note that you may be required to wear a mask and show proof of Vaccine status or of a recent negative test.

The speaker, either on Zoom or in person, will begin his/her presentation at 10.30am, so please come along/log in before that to ensure there are no delays.

10.30am, Tuesday 25 January

Staying safe and connected in Enfield

Sharon Strachan, Team Manager, Enfield Borough Safe and Connected Service, will give a presentation on the work of the service.

*Southgate Beaumont Care Community, 15 Cannon Hill, Old Southgate, N14 7DJ. Buses 121, W6 and 299.
Please check any Covid restrictions with the website or Forum office before attending.*

10.30am, Tuesday 22 February

Not a waste of time

Josh Freestone from the North London Waste Authority
Venue and further details to be confirmed in the February/March newsletter.

If you have suggestions for speakers, please contact the office at info@enfieldover50sforum.org.uk

We are also hoping to re-introduce mid-month Thursday afternoon speakers on a wider range of topics, so do send in your ideas – if possible, with contact details for a specific speaker.

Higher prizes

The prize for the monthly lottery draw has risen to £400 as more people join the club

The winner of the November draw in the Forum's lottery will be the first to receive a cheque for £400. Winners have received £350 for the last seven months, with the amount rising as more people join up by paying £5 a month. The lottery started by paying out just £150 a month to winners.

The lottery club is not restricted to Forum members or even to residents of Enfield. In fact, anyone over 18 years of age can join the lottery club, helping raise valuable funds for the Forum. And you can hold more than one number as well, as several of our lottery club members do to increase the already very good odds of winning.

The winner of the lottery in September was Anne Haffenden, with number 84 and Chris Chinnery was the lucky winner in October with number 134.

To find out more and/or to join up, contact Jim Cattle on 020 8363 4969.

Jim Cattle



Anne Haffenden (right) receives her cheque from our Chair, Jan Oliver.



Jim (left) presents the October winner, Chris Chinnery, with his cheque

Advice Service

The Forum's weekly free, confidential advice service, usually held at the Dugdale Centre on Monday mornings, is still suspended due to current conditions related to council Covid rules.

During this time, financial advisors George Ttoui or Jack Gorgon will remain available by telephone from 10am to 4pm Monday to Friday to offer some initial advice on tax, investments, equity release, inheritance tax and long-term care fees. Phone: 020 8882 6688.

Solicitors Stennett & Stennett will remain available to deal with enquires during office hours 9.30am to 5.30pm, Monday to Friday to offer some initial advice on wills, power of attorney, property and legal advice about paying for social care. Phone: 020 8920 3190.